OMRON

Instruction Manual

Step counter
HJ-325

Walking style IV

All for Healthcare

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INTRODUCTION

Dear customer,
Thank you for purchasing this high-quality OMRON step counter. The new walking style IV will measure your physical activity keenly and helps you to assist your diet or motivates you to reach your daily walking target. This pedometer can count the number of steps while in a bag or pocket as well as when being worn round the neck, giving you a choice of options on how to carry it. Use it every day for an easy way to monitor your health.

■ The OMRON Walking style IV Features

Calories burned
The intensity of your walking is measured and the amount of calories are calculated.

Activity mode
This stores the measurement values* for a specified period or session. These measurement values are separate to the measurement values stored for each day.
* Steps counted/Distance/Calories burned/Fat burned

symbol at 10,000 steps
The symbol appears if you have done 10,000 Steps within a day. (will not appear on the action mode display and action mode memory display).

NOTES ON SAFTEY

⚠Warning:

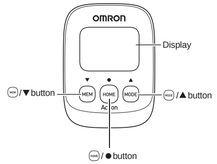
- When viewing or operating the display, make sure that you are in a safe place.
- Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.
- Always take a rest if you feel tired or experience pain while exercising. If the pain or discomfort continues, immediately stop your exercise and consult a doctor.
- Keep the unit or battery out of the reach of young children.
- If young children swallow any small piece, immediately consult a doctor.
- Do not throw the battery into fire because I may explode.

⚠Caution:

- Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.
- Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
- Do not insert the battery with the polarities in the wrong direction.
- Always use the type of battery indicated.

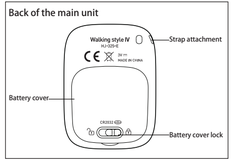
KNOW YOUR UNIT

Main Unit



NOTE: Remove the protection label from the display panel.

Back of the main unit



KNOW YOUR UNIT

Display

Components

A Main unit
B Strap
C Clip
D Battery
Instruction manual

* The battery is already installed in the unit.

SETTING

Setting the Weight, Height / Stride Length and Distance unit.

When you use the unit for the first time, follow the steps below.

Press any button for 2 seconds.

After the following display, "lb" and "kg" flash on the display.

1 Setting the weight unit.
  (1) Press or to select the desired value for a setting.
  (2) Press to confirm the setting.
2 Repeat steps (1) to (2) to set the height/stride length unit.
3 Repeat steps (1) to (2) to set the distance unit.

Note: If no settings are made for more than 5 minutes, the display will revert to the factory setting.
* Setting range details refer to "Specifications".

Setting the Weight, Height, Stride Length and Time.

1 Setting the weight.
  (1) Press or to select the desired value for a setting.
    - Press (Mem) to advance (go back) one.
    - Hold (Mem) down to advance (go back) rapidly.
  (2) Press to confirm the setting.
2 Repeat steps (1) to (2) to set the height.
3 Repeat steps (1) to (2) to set the stride length.

SETTING

4 Repeat steps (1) to (2) to set the time.

Notes:
- The initial stride length value that blinks on the display is an estimated stride length calculated from your height setting.
  Set the actual stride length based on the type of walking you will do and your own physique.
- To measure the correct average stride length, divide the total length of ten steps you walked by the number of steps (e. g. 7.1 meter divided by 10 steps = 0.71 m).

This completes the setup.

■ Adjusting the setting

1 Press and hold and at the same time.
  The "lb" or "kg" flashes on the display.
2 **Follow the procedure from step 1.(Refer to "Setting The Weight, Height, Stride Length and Time" on page 5.)**

Notes:
- This does not delete measurement values stored on the unit, including any stored today.
- If no settings are made for more than 5 minutes, the display will revert to the current step count display.

ATTACHING THE UNIT

Assembling the Unit

1 Attach the strap to the unit.
2 Attach the clip to the strap.
3 Open and close the clip.

Note: Press the clip open to remove the unit.
Depending on the material, the clip may cause damage or scratches to your clothes if it is attached or removed roughly.

We recommend putting the unit in your pocket, your bag or hanging it from your neck.
To prevent accidentally dropping of the unit, and make it more noticeable when adding clothes to the washing, we recommend using the strap and clip provided.

Pocket

1 Put the unit in your upper front or trousers pocket.
2 Clip the strap to the edge of your pocket.

Note: Do not put the unit in the back pocket of your shorts or trousers.

Bag

Put the unit in your bag.

Notes:
- Be sure you can hold the bag tightly.
- Be sure the unit is securely fastened to your bag.
- Clip the strap to the edge of your bag.

Neck

Attach a commercially available string, strap or key cord to the unit and hang it from your neck.

Note: A neck strap is not included.

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ATTACHING THE UNIT

■ Case where the unit may not be able to count steps accurately.

Irregular movement
- When the unit is placed in a bag that moves irregularly because it hits your foot or clothes.
- When the unit hangs from your waist or a bag.

Inconsistent walking pace
- When you shuffle or wear sandals etc.
- When you cannot walk at a consistent pace in a crowded area.

Excessive vertical movement or vibration
- When standing up and/or sitting down.
- When doing sports other than walking.
- When ascending or descending stairs or on a steep slope.
- When there is vertical or horizontal vibration in a moving vehicle such as on the bicycle, in a car, trains or a bus.

When jogging or walking very slowly

USING THE UNIT

Start walking.

Note: In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, it displays the step count for the first 4 seconds and then continues to count.

After you walk, press (mode) to read the data.(Refer to "Checking The Measurement Result" on page 10.)

Note: This unit resets to "0" at midnight (0:00) each day.

To ensure an accurate step count, be sure to read "Cases where the unit may not be able to count steps accurately " on page 7 before using th e unit.

■ Activity mode

The activity mode stores the measurement values for a specified walking period or session.

Note: You cannot check the current display or memory function when using the activity mode.

Press (mode) for two seconds from any of the displays.

rotates when using the activity mode.

Start walking.

The display changes with each press of (mode) to display the step count, distance, calories burned, and the time, in that order.
Press (mode) for two seconds from any of the display to finish the activity mode.

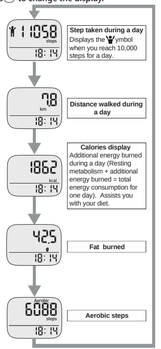
Press (mode) to view the measurement results after the action mode has finished. (Refer to "Checking The Measurement Result" on page 11.)

Note: Only one session can be stored in memory for the activity mode.

CHECKING THE MEARUREMENT RESULT

1 Checking the current display

Press (mode) to change the display.



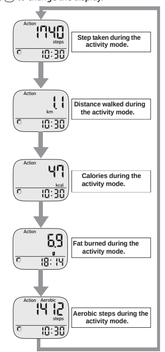
■About the energy saving function

In order to save energy, the display of the unit will be turned off after "SLEEP" is displayed if no buttons are pressed for more than 5 minutes. However, the unit will continue to monitor your step count.
Press any button to turn the display on again.

CHECKING THE MEARUREMENT RESULT

2 Checking the display during the activity mode

Press (mode) to change the display.



USING THE MEMORY FUNCTION

■ Memory function

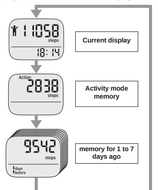
The measurements for each day (steps, distance walked and calories burned) are automatically stored in memory and reset to 0 at midnight (0:00) each day.

Recall data

1 Press (mode) to select the type of display you want to see.
2 Press (mr) to view the measurement results.

The display changes with each press of (mr) as shown below.

- Keep (mr) pressed to automatically change the display until the current display is displayed.
- Press (mr) to return to the current display.



Notes:

- You cannot use the memory function when using the activity mode. (Refer to "USING THE UNIT" on page 9.)
- If no buttons are pressed for more than 1 minute, the display returns to the current display.

DELETING ALL SETTINGS

To clear all of the set values and measured results (past measurement results), initialize your main unit as follows.

1 Press (mode) and (mr) hold and at the same time.
The "lb" or "kg" flashes on the display.
2 Press (mode) and (mr) hold and at the same time again.
After "Clr" has been displayed, "lb" or "kg" flashes on the display.

Notes:

- The measurement results stored in memory and the settings for the weight, height, stride length and time are deleted.
- To continue using the unit, reset the weight, height, stride length and time.(Refer to "Setting" on page 5.)
- If no settings are made for more than 5 minutes, the unit will revert to the factory mode.

BATTERY LIFE AND REPLACEMENT

When "⌧" blinks, replace the battery with a new one (CR2032).

Blinks	Battery power is low.
Lights up	Battery is exhausted. The unit stops measurement. The backlight does not light up.

Notes:

- Do not replace the battery around 12 midnight.
- Doing so may cause erroneous measurement results.

BATTERY LIFE AND REPLACEMENT

If the ⌧ symbol blinks or appears on the display, replace the battery with a new (CR2032) battery.
If the battery is removed, the settings and all measurement values will be deleted. Please reset the settings (Refer to "Setting" on page 5.)

Notes:

- **If you want to keep any of the measurement values, make a note of them before removing the battery.**
- **The supplied battery is for trial use. This battery can run out within 1.5 years.**

Replacing the battery

1 Turn the button on the back of the unit to left, unlock and remove the battery cover by pulling it off in the direction of the arrow.
Use a small screwdriver to loosen the screw on the battery cover.

2 Remove the battery with a thin, sturdy, stick that will not break easily.
Note: Do not use a pair of metal tweezers or a screwdriver.

3 Insert the battery (CR2032) with the positive (+) side face up.

4 Replace the battery cover by sliding the catch in first, then turn the button to right and lock the battery cover.

MAITENANCE AND STORAGE

Maintenance

Always keep the unit clean.
The unit should be cleaned with a soft dry cloth.
To remove stubborn stains, wipe the unit with a damp cloth moistened with water or mild detergent. Then wipe it dry.

Maintenance and storage precautions

Do not use volatile liquids, such as benzene, or thinner, to clean the unit.
Please observe the following storage conditions.

- Do not disassemble or modify the unit. Changes or modifications not approved by OMRON HEALTHCARE will void the user warranty.
- Do not subject the unit to strong shocks or vibrations, drop it, step on it, or leave it at an angle.
- Do not immerse the unit or any of the components in water.
The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.
- Do not subject the unit to extreme temperatures, humidity, moisture, or direct sunlight.
- Do not store the unit where it will be exposed to chemical or corrosive vapours.

Always store the unit out of the reach of young children.

Remove the batteries if the unit will not be used for a long time (3 months or more).

TROUBLESHOOTING

Phenomenon	Cause	Rectification
⌧ Blinks or appears continuously.	Battery weak or exhausted.	Insert a new 3V lithium battery type CR2032. (Refer to page 13)
Nothing is displayed.	Polarities of battery (+ and -) aligned in wrong directions.	Insert battery in correct alignment .(Refer to page 14)
	Battery weak or exhausted.	Insert a new 3V lithium battery type CR2032. (Refer to page 14)
	Energy saving function active.	Press either of (mode), (mr) or (mode) .(Refer to page 10)
Displayed values are incorrect.	The unit is attached incorrectly.	Follow instructions. (Refer to page 7)
	You are walking at inconsistent pace.	Cases where the unit may not be able to count steps accurately. (Refer to page 8)
	Settings are wrong.	Change settings.(Refer to page 5)
The display is unusual or the buttons do not operate normally.		Remove the battery then insert it again. (Refer to page 14)

Note: If a malfunction has occurred and you need to repair your unit, all settings and measurement results are deleted. We recommend you to record measurement results.

SPECIFICATIONS

Product name	Walking style IV
Type	HJ-325(HJ-325-AP)
Power supply	3V Lithium battery type CR2032
Battery life	Approx. 6 months* (when used for 14 hours a day). Note: Supplied battery is for trial use. This battery can run out within 6 months.
Measurement range	Steps: 0 to 99,999 steps Distance walked: 0.0 to 999.9 km / 0.0 to 621.3 miles Calories: 0 to 59,999 kcal Aerobic steps: 0 to 99,999 steps Time: 0:00 to 23:59 / 12:00 AM to 11:59 PM
Memory	Previous 7 days on display 1 action mode results on display
Setting range	Time: 0:00 to 23:59 / 12:00 AM to 11:59 PM Height: 100 to 199 cm in units of 1 cm/ 3'4"to 6'6" inch in units of 1 inch Weight: 30 to 136 kg in units of 1 kg/ 66 to 300 lb in units of 1lb
Operating temperature/ humidity	-10 ° C to +40 ° C/30 to 85% RH
External dimensions	42.0(W) × 57.0(H) × 13.0(D) mm
Weight	Approx. 23 g (including battery)
Contents	Step counter, Strap, Clip, 3V Lithium battery type CR2032 and Instruction manual

These specifications are subject to change without notice.
* New battery life based on OMRON testing.